



Brown Rice & Tofu Salad with Orange Sesame Dressing (4 - 6 Servings)

糙米豆腐沙律配香橙芝麻汁

Ingredients:

$\frac{1}{4}$ cup olive oil
2 tsp sesame oil
 $\frac{1}{6}$ cup orange juice
 $\frac{1}{6}$ cup rice vinegar
 $\frac{1}{2}$ small fresh jalapeno pepper, seeded & minced
 $\frac{1}{2}$ tsp minced peeled fresh ginger
 $\frac{1}{2}$ tsp minced garlic
2 cups warm cooked brown basmati rice
5 oz extra firm tofu, cut into $\frac{3}{4}$ inch cubes
 $\frac{3}{4}$ cup canned kidney beans, rinsed & drained
 $\frac{1}{4}$ cup chopped red onions
 $\frac{1}{2}$ cup chopped green & red bell peppers
 $\frac{1}{8}$ cup chopped fresh cilantro
Salt & ground pepper to taste
Lettuce leaves
 $\frac{1}{2}$ tbsp toasted sesame seeds for garnish

材料：

橄欖油 $\frac{1}{4}$ 杯
麻油 2 茶匙
橙汁 $\frac{1}{6}$ 杯
米醋 $\frac{1}{6}$ 杯
青辣椒 – 去籽、切碎 $\frac{1}{2}$ 隻
薑茸 $\frac{1}{2}$ 茶匙
蒜茸 $\frac{1}{2}$ 茶匙
暖糙米飯 2 杯
硬身豆腐 – 切 $\frac{3}{4}$ 吋方粒 5 安士
腰豆 – 沖淨、瀝乾 $\frac{3}{4}$ 杯
紅洋蔥 $\frac{1}{4}$ 杯
青椒、甜紅椒 – 切粒 $\frac{1}{2}$ 杯
芫茜 – 切碎 $\frac{1}{8}$ 杯
鹽、胡椒粉 少許
生菜葉
略烤芝麻作裝飾 $\frac{1}{2}$ 湯匙

Method:

1. Shake together in a tightly covered jar: olive oil, sesame oil, orange juice, vinegar, jalapeno pepper, ginger, garlic. Set aside and chill.
2. Combine in a large bowl: rice, tofu, beans, red onions, bell peppers, and cilantro.
3. Shake the dressing well then pour over the rice mixture and toss well to coat.
4. Season with salt and pepper to taste.
5. Line a serving plate with lettuce leaves, spoon rice salad on top and sprinkle with toasted sesame seeds.

做法：

1. 將橄欖油，芝麻油，橙汁，米醋，青辣椒，薑茸，蒜茸等放入玻璃瓶內，搖勻待用
2. 糙米飯，豆腐，腰豆，紅洋蔥，甜椒，芫茜放入大碗中拌勻
3. 將醬汁搖勻後淋於飯上
4. 加入鹽及胡椒調味
5. 芝麻略烤後撒於飯面，拌生菜食用